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I Didn't Want Any More Kids

"Kids need so much attention and love. And I want to give them everything, but I'm limited—I only have so much to go around to everyone."

That's what Fred Paisley has to say about his role as a father. He has two healthy, happy girls, only a year apart, who are everything he had ever hoped kids could be. But after his second daughter was born, he realized how much time and effort is required to raise kids right. He wanted to do everything he could for them, but he only had a certain amount of time, energy, and money. "I can hardly give equal time to my daughters as it is. How could I do justice to another one?"

That's when he became convinced that he was happy with two, and he didn't want any more.

When his girls grew into their toddler years and Fred was 39 years old, his marriage ended in divorce, and he was awarded joint custody of the children. As a half-time single father, his conviction that two are enough became even more firm. He began talking with friends who had chosen vasectomies, and he found they were happy with both the procedure and the results. He started to think: what better way to be sure?

He started to do his research, and he made a decision. Especially as he began dating again, he realized that he wanted to take control of his own reproductive future.

"I talked to my family physician," Fred explains. "He felt confident that since I was already 39, I was in a good position to make up my mind, and he felt my [reasons](#) were good. He says if I were four or five years younger, he would have told me to wait."

Although his family doctor is well-qualified to perform a vasectomy, he referred Fred to a urologist, a doctor who specializes in male urinary and reproductive health concerns. The urologist was frank and up-front about everything. He discussed his options, answered his [questions](#) patiently, and informed him about the risks and possible [complications](#) of vasectomy.

"I guess I'm pretty tough," Fred admits. "I decided I

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wanted to watch what the doctor was doing, and we arranged it so I could sit up a bit on the table to see what was going on."

His urologist performed the procedure at the local hospital. Fred had a choice to take a mild sedative beforehand, but he declined. After papers were signed, and he had a final discussion with his doctor, a nurse scrubbed, shaved, and carefully wiped an antiseptic over his scrotal area. A sheet with an opening in it was then draped across the lower part of his body, and the doctor went to work.

The entire operation took about 15 minutes.

His urologist used the no-scalpel method of vasectomy, or [NSV](#), in which one tiny puncture is made in the scrotum, rather than the older method which requires two incisions on each side of the scrotum, a longer healing time, and greater risk of complications.

"The only time it hurt was when I had the shot that numbs the area. Just for a second, it felt really odd, like I was kicked in the nuts." Fred laughs. "But it wasn't that bad, since the doctor had told me [what to expect](#), and that the shot would probably hurt at least a little bit."

As Fred watched, his doctor inserted a slender instrument, called a hemostat, which Fred describes as something like a darning needle or a crochet hook, into the hole he had made in his scrotum. One at a time, the doctor pulled out each tube of the [vas deferens](#), cut it, and sealed each one on both ends. One tiny stitch was all that was needed to close the opening. Fred says he felt no pain at all during the operation, although "it felt a little weird down there."

He was in and out of the hospital in just one short afternoon. Despite his doctor's advice to let a friend drive him home, Fred's a rebel at heart, and he drove himself home with no problem. Afterwards, he relaxed for about six hours in front of the TV with an ice-pack on his lap (yes, that's ice-pack, not six-pack). By the time he was ready for bed, he was surprised at how little tenderness or pain he had. He felt fine.

Although his doctor had recommended he take a few days off from work, Freddy was back on the job the next day. As a snow-making technician at a local ski resort, he didn't think he would be exerting himself so much as to cause any problems, and he had arranged things with his boss so he could take it easy and stay off his feet as much as possible. He says there was a little tenderness in his scrotum, but he felt fine. Freddy shrugs. "Maybe I just have a high-tolerance to pain. But I really felt good, not only physically good, but I felt great about my decision."

A week later, he felt no different than before the vasectomy. His [sex life](#) was soon back to normal,

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although his girlfriend continued taking her birth control pills. In a month, he was tested for the presence of sperm in his semen. The results were negative. Two months later, the results were the same. Fred was elated: no more kids. His girlfriend was a little nervous about the [effectiveness](#) of a vasectomy, but she was relieved about not needing to worry about birth control any more. Fred realized that this was a serious decision, but all he could think of were his two little girls and how he would always be able to give them just as much love and attention as he always had. And they are the most important thing in the world to him.

It took him a few years of being sexually active after the vasectomy before he really started to feel 100% confident that it had worked. He knew that the failure rate of [vasectomy](#) is low, but there was a period of adjustment for him. "After being capable all of my adult life of getting a woman pregnant, it took awhile to get that idea completely out of my head!"

How about his advice to other men who may be considering vasectomy? "Just be sure you don't want any more kids, and if you're married or with a steady girlfriend, talk it over with her," he advises. "And wait until you're a little older, because you never know if things might change, especially if you're not married. But for me, it's one of the best things I ever did."

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